

WHAT EVERY WOMAN SHOULD KNOW!

How to Keep Well, Keep Strong and Keep a Perfect Figure, Told in a Series of Illustrated Lessons

A New Series of Illustrated Lessons, Giving Tests of the More Difficult Exercises Included in Previous Lessons, to Aid You in Satisfactorily Mastering Them.

TEST EXERCISE NO. IV.—THE STATIONARY RUN.

By Pauline Furlong.

The Evening World's Authority on All Questions of Woman's Physical Well Being.

To-day I print a few more bona fide answers to the question, "Does a course in exercise and personal hygiene really accomplish anything?" For obvious reasons I have not published the full names and addresses of the persons from whom I received the following letters, and no one who writes me of her success in taking my treatment, or who has questions to ask, need fear that her identity will be made public through these columns. But it seemed to me that you would all be interested in and encouraged by the letters themselves.

"Your exercises have done me great good. Many of them are entirely new to me and are excellent, as I know from just one week's trial."—William C. J., Bloomsburg, Pa.

"I am using the exercises I need and find them very beneficial."—Mrs. P. P. Brooklyn.

"I think your series of articles interesting and most beneficial."—Mrs. J. C. Metuchen, N. J.

"I have been much benefited by your exercises and have lost 10 pounds."—Mrs. E. H. S., Atlantic City, N. J.

"I have reduced my abdomen

2 1-2 inches with your diet and exercises."—L. S., New York City.

"Your lessons are sane and practical and are doing me much good."—Miss J. W., East Orange, N. J.

DIRECTIONS FOR TEST OF STATIONARY RUN.

The test for the stationary run is the one which I shall explain to you to-day. You may recall that we first practised this movement with the assistance of a wand. To perform it in this fashion you must take the correct standing position—knees straight, abdomen in, chest and head up, shoulders back—then bring your heels together and plant the end of your wand on the floor so that it is parallel to your body and in front and a little to one side of you. The top end of the wand should be grasped lightly in your right hand, the right elbow being bent as when carrying an umbrella. Supporting yourself with the wand, raise and lower each foot alternately, bending the leg at the knee so that your shin is parallel to the floor.

This reduces the abdomen and exercises the muscles of the legs, while developing what are likely to be two weak spots in the stout person—lungs and heart. As soon as possible you should dispense with the wand and rest your hands lightly on your hips as you raise each knee as high as you can. Begin by taking this exercise ten times a piece for each leg. When you can keep it up for ten minutes you will have run two miles.

And this is important—you can do stationary running correctly only when you are able to balance perfectly on one foot while lifting the other. Here is the test. The upper part of your body should be as firm as a rock; there should be no movement above your hips. You will have reached perfection in this exercise, and incidentally have attained a fine point, when you can hold all your weight for ten minutes at a time, alternately on one foot or the other.



STATIONARY RUNNING

utes at a time, alternately on one foot or the other.

Readers of Miss Furlong's articles who are following her lessons are invited to write to her, in care of The Evening World, requesting information that will aid them in following her rules for diet and exercise. Miss Furlong also will be interested to learn the results of her lessons as shown by your charts.

Letters From Evening World Readers Following Miss Furlong's Lessons.

A FOLLOWER writes: "Please, tell me how to prepare the egg malted milk. Do you think butter milk increases the weight?"

Take two tablespoonfuls of the malted milk and dissolve it by mixing it with a very little milk. Beat up an egg with a beater until very light and frothy, and add this to the malted milk. Put this mixture in a shaker—you can buy one in the ten-cent store—and add a scant pint of milk to the first mixture. Shake until mixed. Take this at least twice a day to build up your health and put on weight. Buttermilk will not make you fat.

HOW TO MAKE "SUMIK."

E. P. M. asks: "Please tell me where I can get the Sumik you recommend for developing."

Sumik is ordinary sweet milk which has been allowed to stand and sour. When it is thick clabber beat it with an egg beater until light and airy. The addition of whipped cream improves it in both taste and nutrition.

MISS G. G. writes: "I wish my face with buttermilk each night and want to use the alcohol and witch hazel you recommend for enlarged pores. Please tell me which to use first and should I wash off the buttermilk before using the astringent?"

Use the astringent on a perfectly clean skin. Do not use both.

MRS. H. C. writes: "Please give me some exercise to reduce a large stomach."

Swaying from side to side, with the hands on the hips and bending the body to touch the floor with the fingers, while keeping the knees straight, will reduce your stomach and waist line. Eat sparingly of light foods.

MARTHA G. writes: "Please print a list of foods that will help clear a pimply complexion and hair permanently?"

All fruits, green vegetables and plenty of water will clear away the pimples. Get lots of fresh air and do not allow constipation to exist. If you do you will never get rid of pimples.

Only the electric needle will remove the hair permanently.

TO REMOVE EYE WRINKLES.

E. M. S. READER AND OTHERS WRITE: "I am troubled with very fine lines appearing around my eyes. I have tried the camphorated oil massage you suggest on July 15, but notice no improvement. What shall I do now?"

The fine lines are caused by squinting the eyes, and if you will go over my article of July 15 you will find that I did not tell you to massage the lines around the eyes with camphorated oil, as this is a strong astringent for flabby, loose skin. The lines show the skin to be tight and dry and should be treated with a good skin food or tissue builder. Plain lanolin smeared around the wrinkles and left on at night will nourish the starved tissues. Do not rub hard and always work opposite the lines. You may take little strips of gauze, dip them in the white of an egg and apply across the lines. These will feed the skin and hold it taut after the egg has dried. Wear them at night. They are home-made wrinkle eradicators.

Asthma—Hay Fever

These annoying diseases are again prevalent at this season. Unfortunately sufferers can safely use Warner's Safe Asthma Remedy with splendid results. It is prepared and prescribed for Asthma, Hay Fever and Stuffy Colds—it soothes and restores at the same time.

Mr. J. Hascumb, of Wallston, Mass. has written: "I had Asthma very bad and had to sit up night after night. Could get no relief until I used Warner's Safe Asthma Remedy. In five minutes I was breathing easy and went right to bed and slept. I would not be without Warner's. Get it today from your nearest druggist, or postpaid on receipt of price, 75c. Warner's Safe Remedies Co., Dept. 310, Rochester, N. Y.—Advt.

catom. Hold the lines apart with two fingers while placing the strips. The camphorated oil is recommended for the loose double chin. Do not put any cold cream on the enlarged cheek pores, but wipe over them a little alcohol on a puff of cotton as often as convenient.

TO RUN SCHOOL FOR PEACE.

Women Will Open Institution in the Fall.

In time of war prepare for peace, is the slogan of the Woman's Peace Party. In the latter part of September or early part of October they are going to open

a school for peace students at the Studio Club of New York at No. 55 East Sixty-second Street.

The school, which will be for the education of members of the party and the general public, will last about three weeks, with probably daily sessions.

The three week course will include a series of lectures by well known scholars of war study who will explain the sociological aspect and the rights of neutrality. The cost of the course will be \$5.

MUTUAL ATTRACTION.

(From the Baltimore American.)

"So the telephone operator in the hospital is going to marry the surgeon," "So I hear."

"Affinity of tastes, I suppose. She cuts people off and he cuts 'em up."

FITZGERALD SEEKS BENCH.

Talks With McCooey, Then Says He Wants to Be Justice.

At the end of a long conference yesterday with John H. McCooey, Kings County leader, Representative John J. Fitzgerald verified the report that he wants a Democratic nomination for Supreme Court Justice.

"I have great hopes of attaining the high honor of a place on the bench," he said. "I am in the race to the end. There have been reports that I would retire in favor of some other candidate, but I have no intention of doing so."

LAST 3 DAY SALE
OF
Manufacturers' Stock
OF
Wash Dresses at \$5.00
Retail Value \$10 to \$20
Silk Dresses... \$9.75
Retail Values up to \$35
L. KAHN
45 W. 34th St., Room 204
Take Elevator.
Open All Day Saturday.

World Wants Work Wonders.

Broadway
and
33d Street

GIMBELS

For Friday and Saturday Until 1 P. M.

Store Opens
8.30
Closes 5.30

Winding Up the Summer Clearance Sale With These Fine Bargains And Many More

1,000 Women's Coats
In Afternoon, Trolley, Motor, Evening, Traveling and General Utility Models.
Coats at \$4.75
Were \$15 to \$19.50
Voiles, Checked Worsted, Boucles, Moires, and Taffetas.
Coats at \$8.50
Were \$15 to \$27.50
Boucles, Serges, Zibelines, Failles, Taffetas; one style is illustrated.
Coats at \$9.75
Were \$15 to \$25
Pongee Coats with set-in or kimono sleeves; handsomely trimmed.
Coats, \$8.50 to \$15
Were \$15 to \$29.50
Black or Navy Blue Serge Coats; belted or straight models.
Women's \$5 to \$10 Linen Dusters at \$2.50 to \$5
Three-quarters or full-length Coats; kimono or set-in sleeves. Third Floor

Women's "Sample" Neckwear
3,000 Pieces at Less Than 1/2
At 28c, 35c, 50c, 65c, \$1
Collars Collar-and-Cuff Sets
Vestees Chemisettes
Guimpes with and without sleeves
All are of hand-embroidered Net, Organdie or Voile. They were made by one of the best known manufacturers of fine neckwear.
Note—The majority are only one of a kind, many are lace trimmed and every one is this season's style. Main Floor

Big Price Reductions on Entire Stock of Women's Summer Skirts
200 Wash Skirts, Were \$1.50 to \$1.95, Now \$1
Cotton Gabardines, Khaki, Repps, Cordelines and Eponges.
450 Wash Skirts, Were \$3.95 and \$5.95, Now \$2.95 and \$3.95
Gabardines, Cordelines and Piques.
220 Woolen Skirts, Were \$3.95 and \$5, Now \$1.95 and \$3.95
75 White and Rose Corduroy Skirts, Were \$5, now \$3.95. Third Floor

Women's \$27.50 to \$30 Sport Suits at \$19.50
Of Golfine, Tyroler Cloth, also combinations of white skirts and colored Coats.
\$49.50 to \$65 Silk and Cloth Suits at \$25
Only one of a style; all expertly tailored.
150 Wash and Cloth Suits at \$15
Regularly \$25. Only a few of a kind; broken sizes. Third Floor

SUBWAY STORE
Tomorrow, The Pre-Inventory Sale
Women's and Misses' Summer Dresses, Suits and Coats and Children's Wear
An event that abounds in unusual bargains—the very best bargains of the Season because of the nearness of inventory, the time when stocks must be at their minimum point.
\$2.50 Summer Dresses, \$1.
\$5 Summer Dresses, \$2.50.
\$6.75 Summer Dresses, \$3.
\$8.75 Lingerie Dresses, \$3.75.
\$9.75 Pure Linen Dresses, \$5.
\$15 Cloth Suits, \$7.50.
\$19.75 Cloth Suits, \$12.75.
\$9.75 Palm Beach Suits, \$4.75.
\$5 and \$7.50 Sport Coats, \$2.
\$7.50 Coats, \$3.75.
\$7.50 Chinchilla Coats, \$4.75.
\$15 Chinchilla Coats, \$7.50.
\$2.95 Bath Coats, \$1.95.
\$7.50 Bath Coats, \$4.50.
\$1.50 Wash Skirts, \$1.
\$2 Wash Skirts, \$1.50.
\$1.50 Wash Skirts, slightly soiled, 50c.
\$4 White Velvet Cord Skirts, \$2.50.
\$2.50 Gray Mixture Skirts, \$1.95.
\$2.95 and \$5.75 Bathing Suits, \$2.75.
25c Bathing Gowns, 15c.
\$1 Children's Dresses, 6 to 14 years, 45c.
\$1 Middy Blouses, 6 to 16 years, 45c.
\$2 Junior Dresses, 13 to 19 years, 75c.
\$3.95 White Children's Dresses, 6 to 14 years, \$1.95.
\$7.50 Children's Coats, 6 to 10 years, \$2.95.
Special Sale of New Fall Silk Dresses
8 different styles of Charmeuse, Crepe de Chine, Taffeta or fine French Serge, combined with Taffeta or Plaid Messaline. All sizes for women and misses. \$9.50.
Gimbel Subway Store, Balcony

Men's \$25 to \$30 Suits, \$15
There Are Just 2 1/2 Days Before Inventory
—And by inventory time we don't want to have ANY of these 782 Suits in stock.
There are too many colors, styles and fabrics to tell about, but you should know that
More Than Half Are Silk-Lined Many Are of Fine Blue Serge
Quite a number are one-quarter and one-half mohair lined—just right for late Summer and Fall. All sizes from 33 to 48. Fourth Floor

The \$45 SAVING on This Fine Suite Is NOT the Whole Story
Circassian—Solid Mahogany—"Old Ivory" Enamel
THIS SUITE is priced \$190. Ordinarily we should have to sell it at \$235. It would scarcely be possible to obtain its equal elsewhere for less than \$250.
But—It Has OTHER Strong Recommendations
It was made especially for GIMBEL BROTHERS, and is consequently unlike—we think, BETTER than—what is obtainable elsewhere.
It was made by a manufacturer with a national reputation, and is an example of the FINEST workmanship.
It may be had in Circassian walnut, solid mahogany or "old ivory" enamel, and is a close reproduction of one of Adam's finest designs.
The August Furniture Sale
"WITH INITIATIVE"
—is full of such examples. We have specialized not only in reproductions of fine and exclusive designs at POPULAR prices, but in the most INEXPENSIVE Furniture obtainable—consistent with thorough dependability. Seventh Floor

Clearance of 4,200 Pieces Cut Glass Table Ware, All of the Best Quality
Priced this sale
50c Cut Glass Tumblers, 15c
35c Cut Glass Tumblers, 10c
10c and 15c Pieces, 5c
Including goblets, cordial glasses, sherry glasses, saucer champagne glasses, wine glasses, etc.
\$1.50 Cut Glass Water Bottles, 50c
Imported, and best qualities. Fifth Floor

Sale of Velour Portieres, \$11.75
A really SPLENDID value. Solid, heavy pile fabric. Self-lined. Full length.
Rose du Barry Blue, Gold, Brown, Mulberry, Green, Garnet.
Made in the Dull season at a great saving in cost of production, by the same workers who make our most costly portieres. Sixth Floor

James McCreery & Co.

34th Street

5th Avenue

On Friday, August 13th

End-of-the-Season Clearance

MISSSES' AND GIRLS' APPAREL

Final Reductions

Misses' Summer Dresses

1.95, 3.75 & 4.95
regularly 5.75 to 12.75

Misses' Afternoon Dresses

8.50 and 12.75
regularly 18.50 to 22.50

Misses' Coats

6.95
regularly 12.75 to 20.50

Misses' Washable Skirts

1.50 and 2.95
regularly 3.75 to 5.75

Misses' Garden Smocks

3.85
regularly 6.95

Intermediate Girls' Dresses

1.65
regularly 3.75 to 6.75

Girls' Washable Dresses

95c, 1.95 and 3.50
regularly 1.95 to 9.75

Girls' Wool Dresses

2.95 and 4.95
regularly 6.95 to 9.75

Girls' Coats

2.95 and 6.95
regularly 9.75 to 14.75

Girls' Gingham Middy Skirts

69c
regularly 1.75

Middy Blouses

85c
regularly 1.15 to 1.50

BABY CARRIAGES—Specially Priced

Folding Go-Carts,—all metal frames; upholstered with leather cloth, adjustable hood; detachable wheels with heavy rubber tires; foot brake; white finish.

9.00 regularly 12.75

Reed Sulkies with stationary or reclining back.

6.00 regularly 9.00

Featherweight Sulkies,—one motion, full collapsible, reclining back; padded seat and back. Brown or Black.

3.75 regularly 5.00